

September 2011 - Urbana Senior Center Activities

301-600-7020 UrbanaSeniorCenter@FrederickCountyMD.gov www.FrederickCountyMD.gov/doa
 9020 Amelung St., Frederick, MD 21704 (1st floor of the Urbana Library)

*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk.
 Programs may be canceled if enrollment is low. Activities are subject to change.

<i>Mondays 9:00-3:00</i>	<i>Tuesdays 9:00-8:00</i>	<i>Wednesdays 9:00-3:00</i>	<i>Thursdays 9:00-3:00</i>	<i>Fridays - Closed</i>
Check out our new hours!			1 11:00 Exercise to Video 11:30 Sequence 1:30 Cards/Games	2 Center is Closed 1:00 *Y Fitness Club
5 Closed Enjoy the holiday	6 11:00 Exercise to Video 11:30 Sequence 1:00 Stitching Post 1:30 Rummikub 6:00 Open House	7 11:00 Exercise to Video 1:00 Wii Bowling 1:00 *Y Fitness Club	8 9:30 Men's Discussion Group 11:00 Exercise to Video 11:30 Sequence 1:00 Cards/Games	9 Center is Closed 1:00 *Y Fitness Club
12 10:00 Stitching Post 10:00 Blood Pressure 11:00 Exercise to Video 1:00 *Y Fitness Club 1:00 Cards/Games/Wii	13 11:00 Exercise to Video 11:30 Sequence 1:00 Stitching Post 1:30 Rummikub 6:00 Stitching Post 6:30 Foot & Ankle Care	14 11:00 Exercise to Video 1:00 *Y Fitness Club 1:00 Fall Prevention	15 11:00 Exercise to Video 11:30 Sequence 1:30 Cards/Games	16 Center is Closed 1:00 *Y Fitness Club Library of Congress Trip
19 10:00 Stitching Post 11:00 Exercise to Video 1:00 *Y Fitness Club 1:00 Cards/Games/Wii	20 Picnic at Monocacy Park Center opens at 4:00 5:30 Cards/Hand & Foot	21 11:00 Exercise to Video 11:30 Blood Pressure Noon *Omelet Bar 12:30 Ask Nurse Steve 1:00 *Y Fitness Club	22 11:00 Exercise to Video 11:30 Sequence 1:00 Cards/Games	23 Center is Closed 1:00 *Y Fitness Club National Postal Museum Trip
26 10:00 Stitching Post 10:00 Blood Pressure 11:00 Exercise to Video 1:00 Armchair Travelers 1:00 *Y Fitness Club 1:00 Cards/Games/Wii	27 11:00 Exercise to Video 11:30 Sequence 1:00 Knitting Group 1:30 Rummikub 5:30 Games/Scrabble	28 11:00 Exercise to Video 1:00 Wii Bowling 1:00 *Y Fitness Club 1:00 Book Club	29 9:30 Men's Discussion Group 11:00 Exercise to Video 11:30 Sequence 1:00 Cards/Games	30 Center is Closed 1:00 *Y Fitness Club